

Menus for
May & June
2017
**Conemaugh Township
Middle/High School**

This institution is an equal opportunity provider.
Lunch \$2.25, Reduced \$.40, Breakfast : Free

90 MINUTE RULE.

A hot shower before bed helps you sleep better. But there's a catch: make sure to shower ninety minutes before you plan to hit the hay. That way your body will have time to cool down and you'll be primed for the excellent, restful sleep we all need for good health!



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Where do all of our crazy food names and phrases come from?



This month: "Selling like Hot Cakes"

Monday, May 1

Breakfast
Cinni Mini

Lunch
Chicken Tenders
Or
Fish Sticks

Pierogies
Corn
Fruit

Tuesday, May 2

Breakfast
Assorted Muffin

Lunch
Cheeseburger
Or
Chicken Fajita

Curly Fries
Green Beans
Fruit

Wednesday, May 3

Breakfast
Churro

Lunch
Italian Pita
Or
Sloppy Joe

Pasta Salad
Cucumber Slices
Carrot Stick
Fruit

Thursday, May 4

Breakfast
Donut Holes

Lunch
Chicken Patty Sandwich
Or
BBQ Ham Sandwich

Broccoli w/ Cheese
Baked Beans
Fruit

Friday, May 5

Breakfast
Fruit Frudel

Lunch
Grilled Cheese Sandwich
Or
Uncrustable PB & J

Tomato Soup
Sweet Tater Fries
Peas
Fruit

When a product is in great demand, we say it's "selling like hot cakes." The phrase probably stems from the days when Hot cakes (also called pancakes or flapjacks) were so popular at events like county fairs and church socials that the cooks couldn't make them fast enough to satisfy everyone!

Monday, May 8

Breakfast
Mini Loaf

Lunch
Philly Cheese Steak
Or
Chicken Ranch Wrap

Smiley Fries
Peas & Carrots
Fruit

Tuesday, May 9

Breakfast
Breakfast Pizza

Lunch
Soft Shell Taco
Or
Nachos Grande

Rice
Black Beans, Corn &
Tomatoes
Fruit

Wednesday, May 10

Breakfast
Flapstick

Lunch
Lasagna
Or
Turkey Bacon Wrap

Caesar Salad
Green Beans
Fruit

Thursday, May 11

Breakfast
Waffles

Lunch
Popcorn Chicken
Or
Mini Corn Dogs

Macaroni & Cheese
Roasted Veggies
Broccoli
Fruit

Friday, May 12

Outside Breakfast
Scrambled Eggs, Sausage,
Hashbrown & Biscuit

Lunch
Pizza
Or
Tuna Wrap

Tossed Salad
Carrot Sticks
Fruit

Thanks, Mom!



**Happy Mother's Day
Sunday, May 14**

Monday, May 15

Breakfast
Breakfast Pizza

Lunch
Meatball Sandwich
Or
Deli Sandwich

Peas & Carrots
Cheesy Potatoes
Fruit

Tuesday, May 16

Breakfast
Pancakes

Lunch
Spaghetti w/ Meat Sauce
Or
Uncrustable PB & J
(3rd grade Chicken Nugget)

Italian Bread
Broccoli, Carrots
Fruit

Wednesday, May 17

Breakfast
Muffin

Lunch
Cheeseburger
Or
Teryaki Chicken Sandwich

French Fries
Peas
Fruit

Thursday, May 18

Breakfast
French Toast

Lunch
General Tso's Chicken
Or
Chicken Tetrazini

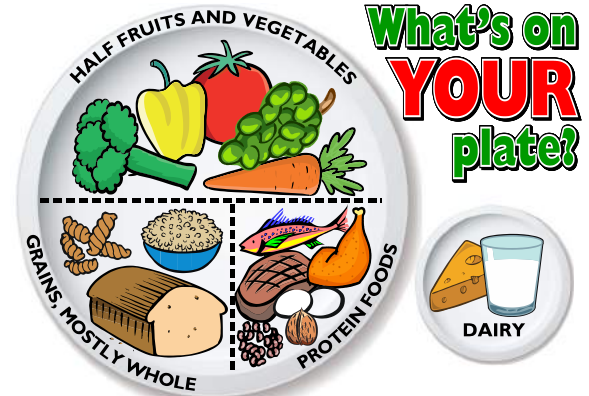
Rice
Broccoli
Egg Roll
Fruit

Friday, May 19

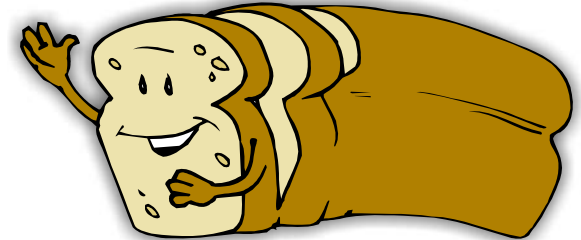
Breakfast
Donut Holes

Outside Grill
Grilled Chicken Sandwich
Or
Hot Dog

Pasta Salad, Potato Chips
Carrot Sticks, Cookie
Fruit



Always try to score 100%!



The healthiest – and tastiest! – bread you can eat is the kind that says "100% whole wheat." Check out a loaf of the bread you usually eat. Does it say "100%" on the front label? Is "whole wheat flour" the first ingredient listed? Does the "Nutrition Facts" label say that the bread has at least 2 grams of fiber per slice? If you answered yes to all 3 questions, congratulations – you score 100%! If you didn't answer yes to all three, give 100% whole wheat bread a try!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, May 22

Breakfast
Dutch Waffle

Lunch
Chicken Patty Sandwich
Or
BBQ Pork Sandwich

Tater Tots
Carrots
Fruit

Tuesday, May 23

Breakfast
Bagel

Lunch
Chicken over Biscuits
Or
Deli Sandwich

Mashed Potatoes
Peas & Carrots
Pudding
Fruit

Wednesday, May 24

Breakfast
Smores

Lunch
Soft Taco
Or
Nachos Grande

Breadstick
Corn
Carrots
Fruit

Thursday, May 25

Breakfast
Cinni Mini

Lunch
Hot Dog
Or
Chicken Nuggets

Curly Fries
Baked Beans
Fruit

Friday, May 26

Breakfast
Flapstick

Lunch
Pizza
Or
Deli Sandwich

Tossed Salad
Broccoli
Fruit

Monday, May 29

MEMORIAL DAY
NO SCHOOL TODAY

Tuesday, May 30

Breakfast
Assorted Muffins

Lunch
Turkey Bacon Croissant
Or
Ham & Cheese Pretzel

Tossed Salad
Green Beans
Carrots
Fruit

Wednesday, May 31

Breakfast
Donut

Lunch
Chicken Nuggets
Or
Cook's Choice

Fries
Broccoli
Fruit

Thursday, June 1

Breakfast
Cook's Choice

Smile.
It's summertime.
We'll see you next year. Enjoy!